

## The Mental Health Wellbeing and Recovery Service

has been established to help people who are struggling with mental health conditions who need information, support and advice.

Our service can help you by:

- increasing your sense of control over your own mental health and wellbeing
- increasing your personal empowerment
- guiding and assisting you to achieve your goals
- helping you to live a meaningful and valued life within the community

We can also provide emotional support for carers.



### One-to-one support:

Through this service you may be able to access one-to-one support with a trained Recovery Worker, who will listen to you and work with you to improve your mental health by helping you to recognise your abilities, interests and goals and support you to achieve them.

### We also offer support groups

to help you learn, gain skills, and build peer support networks, enabling you to feel comfortable/at ease in social settings and take part in activities along with everyone else.

### Information, Advice and Guidance:

The service runs regular pop-up/drop-in information and advice sessions around your local area, where you can get personalised advice and information on mental health and wellbeing services in your local community.

We can help you to explore options available to you, or get advice on things like benefits or relationships which are affecting your personal wellbeing. We will help you find the right solutions and local services for your mental health and wellbeing needs.

You can also call our 24/7 helpline for support and information at any time of day.

Get in touch today, or talk to your GP, to see whether we can help you live life to the full.





## Get in touch:

Our Hub is at The Crescent, 27 King Street, Leicester LE1 6RX.  
You can call the office on (0116) 208 1505.

Follow us on Twitter @MHM\_Info

To make a referral call:  
**0300 323 0189**

For the Helpline call:  
**0300 323 0187**

Email us at:  
[leicestershire.andrutlandmhm@nhs.net](mailto:leicestershire.andrutlandmhm@nhs.net)

## Elegibility and referrals:

To refer yourself to the service, simply call us to speak to one of our team. Alternatively, your GP or other health/social care professionals can call us to make a referral on your behalf.

If you need information contained in this leaflet in an alternative version such as large print, tape or a different language please get in touch.

“MHM’s services have been a life saver for me and the fact that I am getting ongoing support really helps. A top class service from my support worker and the organisation.”

- MHM Service User



This service is commissioned by Leicestershire County Council, Rutland County Council, East Leicestershire & Rutland CCG, and West Leicestershire CCG, and delivered in partnership by Mental Health Matters and Making Space.

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**Mental Health  
Wellbeing & Recovery  
Service**

Supporting people in  
Charnwood  
North-West Leicestershire  
Hinckley & Bosworth  
Melton  
and Rutland

Our mission: **We help people achieve good mental and physical wellbeing and live life to the full**